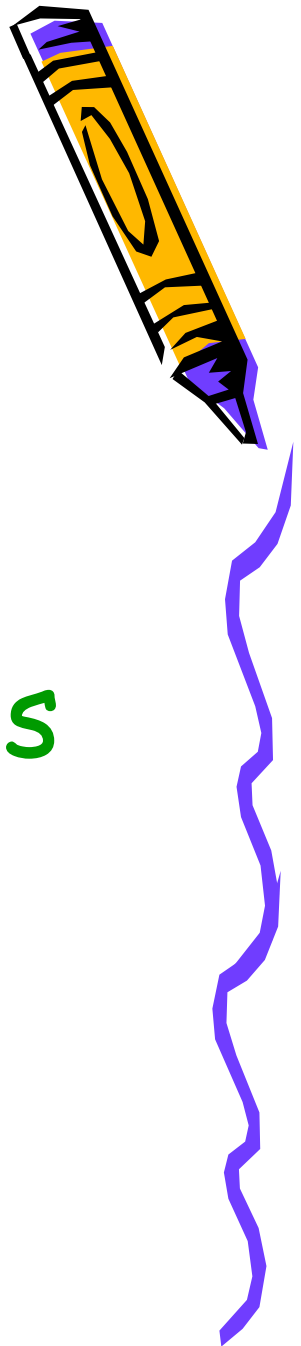


Steps to a Healthier AZ Santa Cruz County

Ana Celia Hernandez-Martinez, MPH, CHES
Health Education Specialist
Mariposa Community Health Center
Steps to a Healthier Santa Cruz County

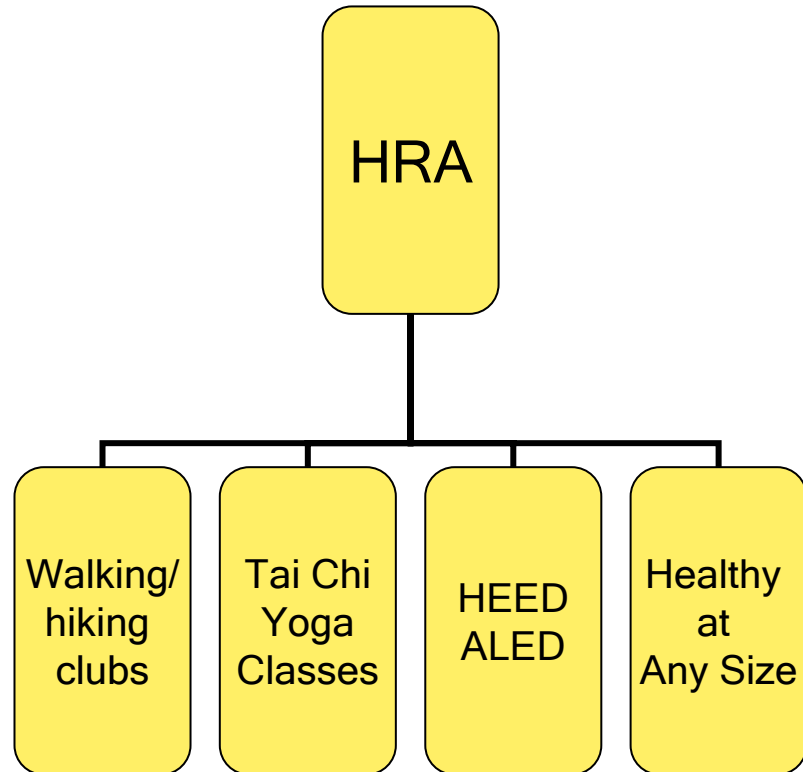


School Worksite Wellness



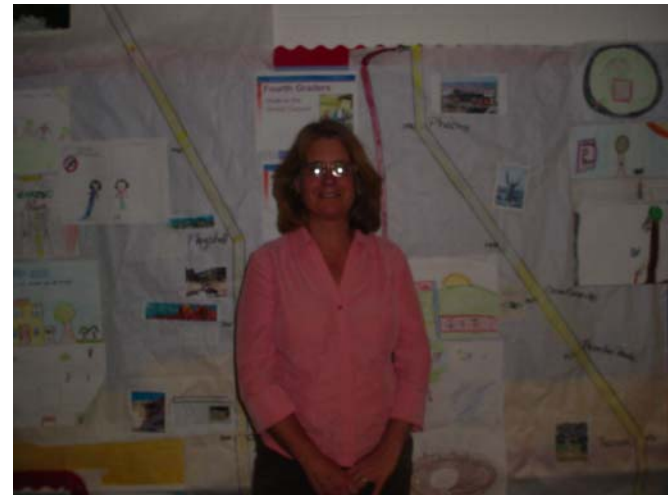
Key program activities

- Health Risk Assessments and screenings
- Nogales and Rio Rico school districts



Success stories

- School employees improved nutritious habits and increase physical activity
- “I increased physical activity among students by implementing “walk across AZ” in my classroom”



Steps to a Healthy Family



Target group

- Children in grades 3rd-5th with a BMI above 95 percentile and their families



Key Program Activities

- Year long program: total of four phases
- Sessions are delivered in English/Spanish
- All sessions include: Nutrition, Hands on Food demonstrations, Behavioral Health and Physical Activity





Phase 1	Introducing Healthy Behavior Concepts	Delivered over 12 weeks 2 hour sessions including basic concepts
Phase 2	Empowering/facilitating Healthy Behavior	Delivered over 12 weeks 2 hour sessions using a structured discussion format introducing new concepts and building upon concepts introduced in Phase 1
Phase 3	Maintaining Healthy Behavior	Delivered over 12 weeks 2 hour sessions including using structured stations designed to review food and physical activity logs, behavioral health consultations and hands on food demonstrations
Phase 4	Lifetime Behavioral Change	Delivered over 12 weeks, participants meet once a month in a support group format, sharing experiences and tips.



Success Stories

- Medical staff collaboration
- Health Insurance
- Program promotion
- Retention

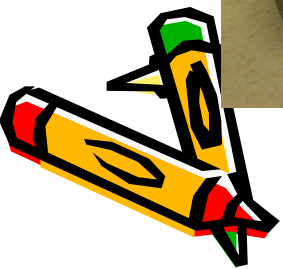


Success Stories

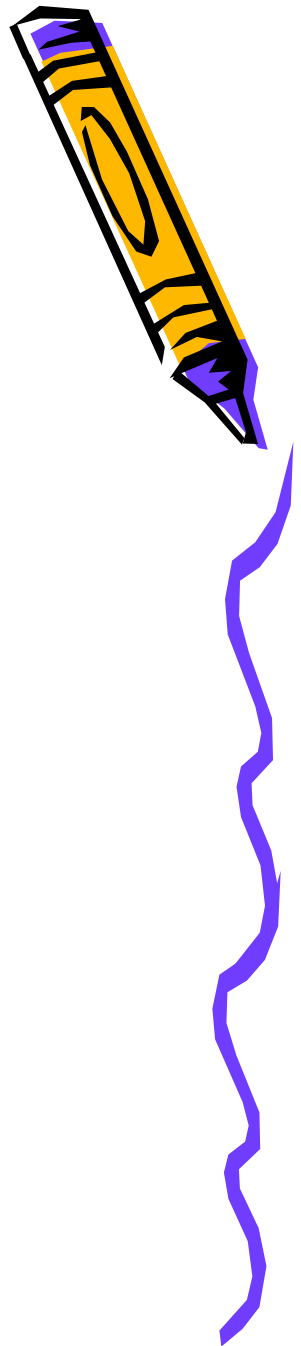
Testimonial

- “All family members have become more active and without using restrictive or dangerous eating plans, my daughter has dropped from a size twenty to a size fourteen”





Camp Kazoon Kite
asthma day camp

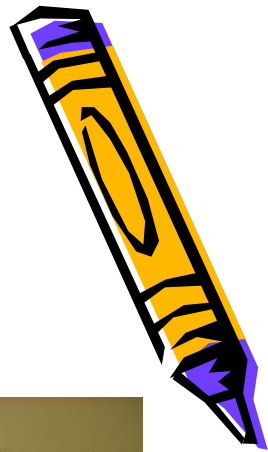


- Target: Children with asthma in Nogales and Rio Rico school districts
- Length: The camp was held for three days



Partners

- Southeast Arizona Area Health Education Center
- Nogales School district #1 & Santa Cruz Valley Unified School district #35
- Mel and Enid Zuckerman College of Public Health



Volunteers

- Respiratory therapist
- Nurse Practitioner
- Registered Nurse
- U of A Nursing and pharmacy students
- Teen Health Facilitators and Health Career Club students
- Health Education Specialist



Key Program Activities

- Open Airway Curriculum
- Asthma trigger control activities
- Parent involvement
- CATCH program



Success Stories

- First asthma camp offered in Santa Cruz County
- Culturally appropriate: Latino parents feel uneasy to send children overnight far from home to a camp



